

Winter Retreat Schedule

January 27 - 28

revised: 01/16/2024

SAT

SUN

	ZAZEN (voluntary) 5:30am - 6:15am
--	--

	AIKIDO 6:30am - 7:30am
--	----------------------------------

	BREAKFAST 8:00am - 9:00am
--	-------------------------------------

	AIKIDO 10:00am - 11:30am
--	------------------------------------

	LUNCH 12:00 - 1:00pm
--	--------------------------------

Registration 1:30 - 2:30

AIKIDO 3:00pm - 4:30pm

ZAZEN (voluntary) 4:45pm - 5:30pm
--

DINNER 6:15pm - 7:00pm

Social Hour 7:15pm
